MT HOOD BEVERAGE DISTRO* 3601 NW Yeon- Yes, thats right-The beer dumpster. I dont really drink myself, and while I don't have a problem with it, I hate the alcahel industry and it makes me upset to see how many of my friends blindly support it. Please hit this dumpster as much as possible. Tell every drunk crusty punk you know. To access it you need a car and you have to park at the warehouse north of it. Bring crates with you. To get in go to the railroad tracks on the north side, walk down tracks about 30 yards and there is a hole in the bottom of the fence on your left. Climb through and there should be 3 dumpsters and 1 big dumpster next to the loading docks in front of you. more times than not they are filled with beer.

PEOPLE'S COOP FREE BOX* SE 21st/taggert- On the north-east side of the building there is a pretty sweet free box.

CHEAP PRODUCE SCORE* SE 3rd- This street is called produce row. There are at least 7 different huge produce distros, and if you show up at 8:00 in the morning to any of them they will sell their seconds to you for really, really cheap. Like ten cent mangoes and stuff.

OUTSIDE IN* 1030 SW 13th - Free std testing, massages, acupuncture, and medical aid.

FFREE CHIROPRACTORS* RIGHT ON THE Southwest corner of the burnside bridge.-Make an appointment and get a free session. That simple

STENCIL SUPPLY SCORE* My personal favorite steeil material is x-rays. They are harder to cut, but if you do use them they last forever. Also, if you use a steeil tool and a respirator,you can get incredible detail with thick acetate. So the best way to score it is to go to the hospital. Ask where the radiology lab is and tell them you need to teach children how to make stencils Sometimes they make you cut off the names of the patients, but most of the time you can score about a hundred at least.

PAPER SCORES* The easiest way to score more paper than you know what to do with is to get a phone book and look up Offset printers. Call them and explain that you would like to score the paper that they recycle or throw away. Often They have stacks of paper that are surplus after they cut it down to the size they need. Ask for the butt rolls as well. A couple places to go: WESTERN PAPER CO.*CREATIVE PAPER DESIGNS* ACTION PRINTERS

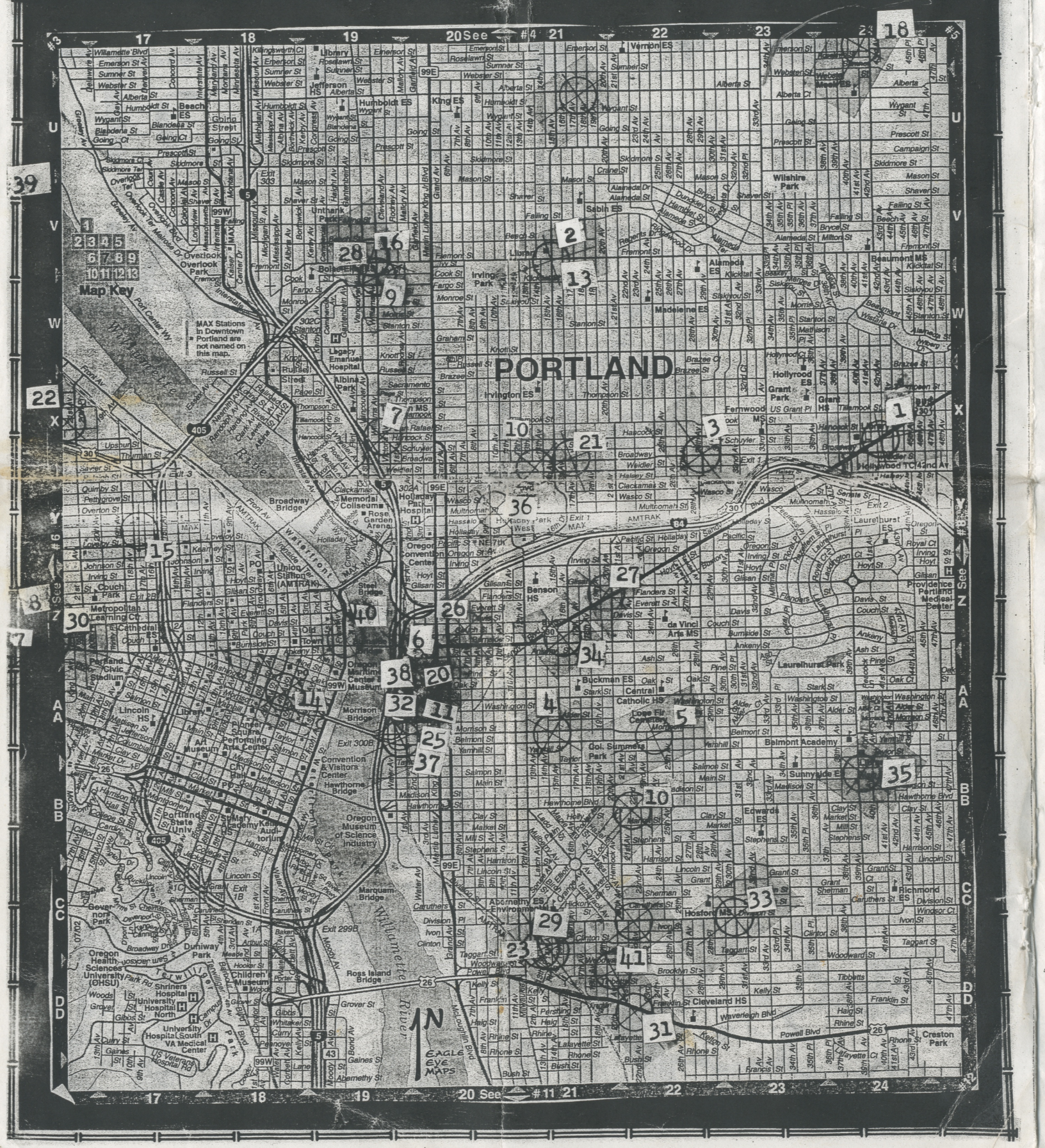
NITROUS DUMPSTER* About 12-15th and Broadway- My personal favorite dumpster ever. I am withholding the exact address, but look for the alleyway! Have fun.

Sugar
Seqtiun Deadikated 2 Tinder & Ooze-Kneea

2013.009

PDX-HOUSE GUEST MANUAL

EATS + TREATS !!



WORLD MARKET* NW 23rd/Burnside- This dumpster is right acress the street from Zupans, sort of. It is inside a heated parking garage which is located up the hill on the left right when you turn onto 23rd. Usually this dumpster is filled with useless shit. I have found some handy things here though. For some reason there is often chocolate and dessert type foods here a lot. mostly just candles and wine glasses though.

BULLS EYE STAINED GLASS* 3722 SE 21st- Stained glass of all kinds, still big enough to do projects with. Also, OROS BOROS located somewhere around the bottom of Mississippi hill is said to be an excellent place to get beautiful pieces of stained glass. Go there after midnight and ask employees for gloves.

OFFICE DEPOT* 323 SE mlk- This dumpster is cool for almost everything you think you would use all the time, but end up getting yelled at for leaving around someone elses house. I.E. power strips, organizing folders, acetates, extension cords, wierd sof software, holepunchers, and office chairs. Also, the employees really love us here, no matter how many times they ask you to leave or poke the window and scowl.

C CANVAS DUMPSTER* 22nd/Division- Go around back and check the regular trash can. I think there are often large enough pieces of canvas to print on.

SKATEBOARD DUMPSTER* 16th/Burnside SE- I guess there is a pretty reliable spot to get skate parts. Never been there but I hear it is good.

WALGREEN'S* 940 SE 39th- Anybody who has ever been to a Walgreens dumpster knows what to expect: Crap. More crap than you need. I found a phone the size of an ice cream sandwich there. Pomade. Ephedra pills. Countless beauty products. Candy. Excitement? Occasionally there is some good stuff here.

DOUBLE TREE HOTEL* 1000 NE Multnomah by the Lloyd Center- Kick ass spot to score warm cookies. Yeah. Go to the receptionists and ask for a couple complimentary cookies... they are heated and friggin' wicked. Also if you have decent timing you will hopefully catch a convention. The last time I was there they had a sick spread with all kinds of food, and complimentary wine and beer. Needless to say I gorged myself.

CITY LIQUIDATORS* 823 SE 3rd- Really good spot to find office furniture. Sometimes the whole side of the building is packed full of chairs and tables. Also good dumpster in back to score office supplies and wierd stuff like that for some reason this dumpster is really competitive. I have never been here without at least 2 homebums accompanying me. Once I found someone inside the dumpster sleeping.

TAZO-333 SE 2nd- Great dumpster. Good place to score shitloads of bottled tea on a regular basis. Occasionally there is a lot of teabags as well. This spot is better to frequent at night but also ok in the day as well. I get kicked out like I out of 5 times I go in the day, but never busted. Good place to find Wooden Crates, 50 gallon drums, bulk teas, herbs and spices, and random warehousre supplies.

VENDING MACHINE DUMPSTER* 22nd/Powell- Take a right onto 22nd and it is the 1st business on you right. The dumpster is fenced in so go during the day. It is the small dumpster, and altheugh it is usually locked you can grab quite a bit of candy bars and chips through the small hole.

ICE CREAM DUMPSTER* 3rd SE right behind office depot- This place is better to hit when it is open, but you can squeeze your hand in and grab stuff when it is locked. It is the small red dumpster next to the loading deck, across the street from office depot. I have found a lot of ice cream bars here. While I was writing this my friends walked in with 2 cases of haagen dazs ice cream bars from there and informed me that now the dumpster can be opened by pulling the pin out in back. score!

HELEN BERNHARD BAKERY* 1717 NE Broadway- If you really, really really like cake you are in luck. This is by far the best place in Portland to have a ragin' cake fight. There is even a hose to clean off. Mostly there are just the bottom inch of cakes, I have never actually found a whole one. That doesnt mean there isn't a lot of cake here though. Sometimes cookies as well.

CBI* 21st and Nicolai NW- 1 of the 2 best coffee dumpsters ever Second best only to the New Mexico Coffee Company in Albuquer que. Although most of the time this dumpster is full of "the CBI blend": a light, medium, dark yet sometimes robust blend of random smelling and tasting beans. I don't know if I did something bad when I was a kid or what, but it seems like every time I go all I find is "snickerdoodle" flavored coffee. If you are dedicated, this dumpster will supply you with everything from coffee to biscotti(cases full) to industrial coffee making machinery. Look for the tall smokestack, painted white which says CBI in big black letters. It is on your right immediately after crossing the fremont bridge by car.

COFFEE DUMPSTER* 14th below clinton on RR tracks - Full of small bags of single coffee packets, about 1 in 30 are full. Go here in the day too, because the dumpster is fenced in.

COMMUNITY CYCLING CENTER* 17th and Alberta NE- There is a big trailer full of bikes and parts in the back. Also, the dumpster has shoddy gloves and water bottles and things. Check both. Good spot all kinds of bike parts.

RIVER CITY BICYCLES* 706 MLK SE- Another good place to find random bike equipment. Not as reliable as the CCC bike dumpster above.

OREGON ARTIFICIAL LIMB CO.* 21 NE 7th ave- I found a really cool leg here, one of these antique ones with the leather straps. The people who work here are cool too. They gave me a little tour of the joint. I ended up almost working for the older lady there. Note to houseguests that might be reading this: Bringing anything home to the house you are at from this dumpster could easily result in your stay being drastically shortened.

EVERYDAY MUSIC* 1931 NE Sandy- So much fun ... This is where you can find that ZZ top record you always wanted. Almost always full of tapes, records, and cd's.

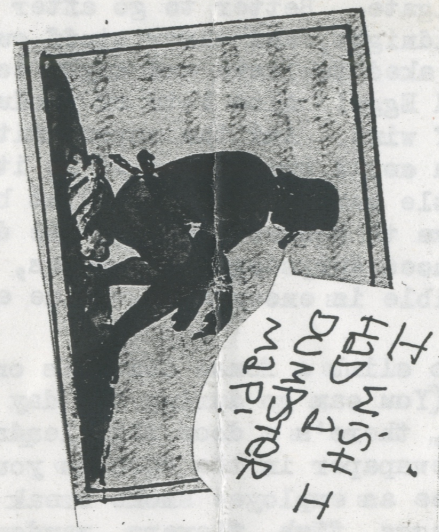
CHEERLEADER DUMPSTER* SE clinton next to Brooklyn train yard- Lots of fun, cheerleader outfits and uniforms. also strips of colored fabric and leather.

ALSO

JANTZEN BEACH* There are lots of good dumpsters here, including but not limited to: **REI, ZUPAN'S, STAPLE'S, LINENS AND THINGS** and more.

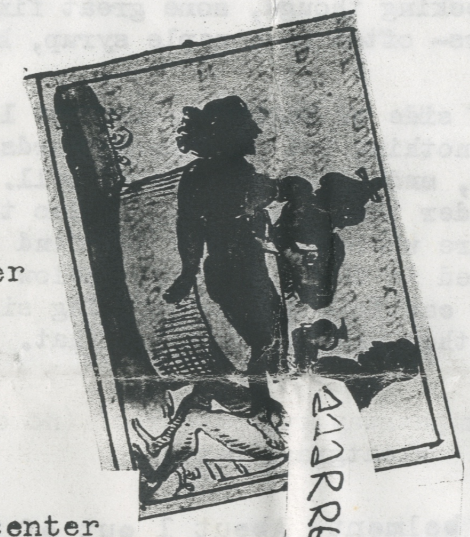
OTHER DUMPSTERS* Outside of the Portland urban area you can find other TRADER JOE'S, NATURE'S, PACIFIC FOODS, and the GERBER DUMPster.

FOOD NOT BOMBS
Every Food NotBombs is served in the North Park Block near Burnside.
TEUSDAY 6:00, WEDNESDAY 5:30, THURSDAY 5:30, FRIDAY, 5:30, SATURDAY, 5:15



FOOD NO
FOOD
FOOD
1. TRADER JOE'S
2. NATURE'S
3. FRED MEYER'S
4. KING HARVEST
5. SUSHI DUMPSTER
6. TOMATO DUMPSTER
7. ODWALLA
8. ZUPAN'S
9. PIZZA A-GO-GO
10. GRAND CENTRAL BAKERY
11. SHERIDAN FRUIT

SUGAR/CRACK
13. starbuck's
14. seattles best coffee
15. oregon chai
16. hostess
17. elephant's deli
18. delphina's
19. vending machine dumpster
20. ice cream dumpster
21. helen bernhard's
22. cbi
23. coffee dumpster



B *BIKES*
24. community cycling center
25. river city bicycles

MISC
26. oregon artificial limb
27. everyday music
28. rubber tire dumpster
29. cheerleader dumpster
30. world market
31. bullseye stained glass
32. office depot
33. canvas dumpster
34. sk8 dumpster
35. walgreens

36. double tree hotel
37. city liquidaters
38. taze
39. mt hood beverage
4
40. food not bombs
41. people's free box

TRADER JOE'S-42nd/Sandy; 39th/Holgate- Better to go after midnight, but TJ's is somewhat Popular (workers are there till midnight, and throw stuff out up till them- you can go during the day but will likely be aked to leave and maybe to leve yr goods behind.) TJ's = Dairy and Eggs, Da iry and Eggs! Also lots of produce, various other treats including the occasional bottle of wine. And the opportunity to experience american excess a nd a ll the packaging you could ever not need at its finest.
NW 21st/Glison (dumpster is a little hard to find, on 21st by a yuppie bar). After midnight for this one too, you have to squeeze through the doof of the gate, pull apart above the locks.) As one experienced dumpster diver notes, "They are wicked assholes here". Lock gluing whenever possible is encouraged. Same exciting finds as other TJ's.

[ATURE'S- 15th/Fremont- You have to climb a fence for this one, (SW corner, actually 5th and Beech). Go after 10pm. (You can go during the day by going through the laundromat next door- in the back, there's a door that leads out to where Nature's rash is. Be sure to stick some newspaper in the door so you can get back in! Beware, he trash area is im the same place as employee smoke break area- some mind, some don't) inds include: produce, dairy and eggs, fish, flowers, random health food wierdness, juice.
0th/Division and 28th/Burnside- Better to go during the day, though you may get asked o leave. Fences here have razor wire. Same kind of finds as Fremont Nature's. enera lly the Nature's are more of a hassle and not as fruitful as TJs (beware raw meat n with the produce) still worth checking though, some great finds have been made. Be sure o check buckets beside the dumpsters- often have maple syrup, honey, laundry detergent, et

FRED MEYER'S- SE 28th/ Broadway- N side of building, next to loading dock, caged in a rea. There's trash cans full of nothing but produce discards. One word: BANANNAS! Genera lly lots of potatoes, onions, and other produce as well. Usually ok to go during the day. At night you can crawl under the fence thing. Also there's a dumpster near the home and garden part of the store where you often can find plants and starts. There is a goodwill drop box located in the parkinglot (below the GW trailer.) You ca n often find good stuff, but use caution- no tresspassing signs and warnings are posted. Try to go before 11pm, as they pick it up after that.

ING HARVEST- 15th/Morrison- Follow pathway over the roof (no climbing involved) around E side of building. Hummus galore. Wheatgrass party.

SUSHI DUMPSTER* About 22nd and belmont- About 1 out of 5 times this dumpster has good amounts of sushi in it. The sushi is really good here. The dumpster is behind someones house, and is just a regular plastic trash can. For some reason I have found a lot of shoes there.

TOMATO DUMPSTER* SE 3rd- I think the business is called Coastal Produce Supply, but they have a giant green dumpster filled with tomatoes. Sometimes there is other produce in the one next to it too.

ODWALLA* 45 NE Hancock/Williams- Awesome Juice Dumpster, pretty reliable as well. Located right next to "The Department of Skateboarding". Go in the day or night, I think the fence is open during the day but I am not sure.

ZUPAN,S- 2340 W Burnside/23rd- This dumpsty is tough to pick through because there is a security guard on staff overnight. Fortunately he gets bored a lot and goes into the store. F inding the dumpster can be tricky. It is in the alley between the store and the flower display, behind a door. The cool thing about this dumpster is that it is discreet once you are behind the door. Sometimes going up to the guard, works. Point behind him and shout FIRE! When he turns around run into the alley.

PIZZA A-GO-GO- NE Williams/Ivy- Sometimes they leave pizza in a bag or box on top of the dumpster. Please don't ask for pizzawhen they are open or during closing, they will get pissed. They always leave it on the box if there is extra.

GRAND CENTRAL BAKERY* - 14th NE Weidler-22nd SE/Hawthorne* The breadbins here are always full of good bread. Whether you go at night or during the day it doesn't matter. They will give it away if asked. I knock on the windows at night, and they come out and let you in the back. If you show up at 7:00 at the Hawthorne address, they give away all their pastries too. sometimes there are pastries in the trash as well, but it is better to just show up promptly at 7:00.

SHERIDAN FRUIT CO* SE 3rd- Another produce row spot, this distributor is also a grocery store. You can find assorted produce and packaged grocery stuff.

STARBUCK'S PASTRY SCORE* 15th and Fremont NE- Everyday they throw away pastry type products and everyday they give them away if asked. No"feed not bombs" or "Ricky sent me" passwords necessary. Just ask if they threw them away or if someone else has picked them up yet. I think they have some agreement with a charity group, but noone ever remembers to get them. Be persistent because you will end up with more pastries than you can carry home. Make sure to show up before noon and after 10 in the morning. Also, the Starbucks on 37th and fremont is known to throw away pastries too, but the score is not as reliable.

SEATTLE'S BEST COFFEE* Downtown-930 SW 4th- Everynight at around 8:00 they leave the leftover pastries and sandwiches and bagels on top of the metal trash can in front next to the water fountain. Sometimes they forget but if you remind them they will give them to you. You might have to wrestle one of the downtown homebums for an apple fritter but it's worth it.

OREGON CHAI* 1745 nw Marshall- This dumpster is gauranteed to supply you with more Oregon Chai than you will ever need. Mostly, because after two cups... it is reminiscent of humming bird food. If you really like sugar, or have a wingspan of five inches-your in luck. This dumpster is reliable and always full of boxes of chai.

HOSTESS/WONDER BREAD* NE Williams/Ivy- Another sugar spot.

ELEPHANT'S DELICATESSEN* 13 NW 23rd place- One block up from World Market, this dumpster is a sure spot for cookies! So many cookies. The dumpster is fenced in to the left of the store. Once I found some challah there too.

DELPHINA'S* 4636 42nd NE - More often than not there is a fifty gallon drum full of wicked good coffee cake here. Some one told me that they started dumping the dough onto the bread inside the drums, but it is worth a shot.